



Hazel Palaché - Bio

Hazel Palaché is a speaker, author, coach and retired therapist, as well as the founder of Mind Mastery Coaching.

In addition to being the Vice President of a large UK cosmetic company in the 70's, Hazel has been in the field of personal development for over 25 years. For the past 8 years, she has been a personal and professional life strategist, coaching clients and audiences to live their lives from the inside out and to think outside the box in order to create successful fulfilling lives.

During her 10 years in private practice as a relationship counselor in the US, Hazel observed that people could attract whatever they wanted and change their lives dramatically on an emotional, spiritual and physical level by changing the way they think. She has taught many thousands of people to do this easily and successfully.

Drawing from her own personal experiences and professional training, using a variety of modalities, Hazel teaches people to alleviate stress, achieve balance, change their attitudes and achieve total life success.

In addition to being a Certified Results Coach, Hazel has certifications in Clinical Hypnosis, Neuro Linguistic Programming (NLP), Creation Technologies, Stress Management and Chemical Dependency as well as being a licensed relationship success coach for singles. Hazel is also a certified teleclass facilitator/trainer, and has worked with the Jewish Family Services (non-denominational) presenting teen prevention to 10-12th grade students on "How to Say No to abuse."

Hazel is also a contributing author in the best selling book, *Wake Up, Live the Life you Love – Giving Gratitude*, together with other prestigious authors such as Dr. Deepak Chopra and Dr. Wayne Dyer.

Books:

- ✚ Best Selling Series *Wake Up, Live the Life You Love – Giving Gratitude*
- ✚ *The Sky's Not the Limit You Are. - The Astonishing Power of You!*
– Hazel Palaché

Selected Sample of Speaking Clients:

- ✚ California Law Enforcement Association of Supervisors
- ✚ LAPD – Los Angeles
- ✚ Jewish Family Services – "How to Say No to Abuse"
- ✚ Los Angeles Valley College – Human Resources Academy
- ✚ UCLA - Alpha Epsilon Phi Sorority
- ✚ Im-Proving- Center for Community Solutions – San Diego
- ✚ NAFE (National Association of Female Executives – 4UNetwork
- ✚ Design Your Destiny Communications (Wealthy Women's Conference

Hazel Palaché – Bio *(continued)*

Press:

First Magazine – Article 2004
Adam and Drew Online – Quote 2004
Los Angeles Times – Quote
L.A. Parent Magazine – Quote 2005
Conscious Singles – Quoted, 2004, 2005, 2006
Singles Connector – Article - 1995
Hypnosis Motivation Monthly – Article - 1991

Radio:

The Bradley Quick Show
The Brass Ring

TV:

Featured guest on cable TV show 'Financial Freedom' – Topic: Decreasing Stress Around Money.

Professional Associations:

International Coach Federation
Board Member 2003/2004 ICF Los Angeles Chapter
Toastmasters International
International Association of Coaching
NAFE – National Association of Female Executives
NEW – Network of Entrepreneurial Women
Relationship Coaching Institute
Founding Member of Coachville
Founding Member of Graduate School of Coaching – Coachville.

Hazel C. Palaché, MFC, CMChT, CPC, CNLP
4570 Van Nuys Blvd., Suite 449 :: Sherman Oaks, CA 91403
818-972-4415
<http://www.MindMasteryCoaching.com>
email: Hazel@MindMasteryCoaching.com